



# Protect Yourself From the Flu!

**Here's what you can do to help prevent the spread of flu:**

- » Wash your hands often with soap and warm water.  
Teach your kids to do the same.
- » Cover your mouth and nose when you cough or sneeze with a tissue or your arm – not your hands.  
Throw out used tissue right away.
- » Stay away from people who are sick.
- » If you or your children are sick, stay home from work, school, childcare and errands.
- » Make a plan now so you can stay home with your children if they get sick.

Information approved by the Rhode Island Department of Health and endorsed by:  
American Academy of Pediatrics, Rhode Island Chapter; Ocean State Adult Immunization Coalition;  
Quality Partners of Rhode Island; and Rhode Island Academy of Family Physicians.



**Rhode Island Department of Health**

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